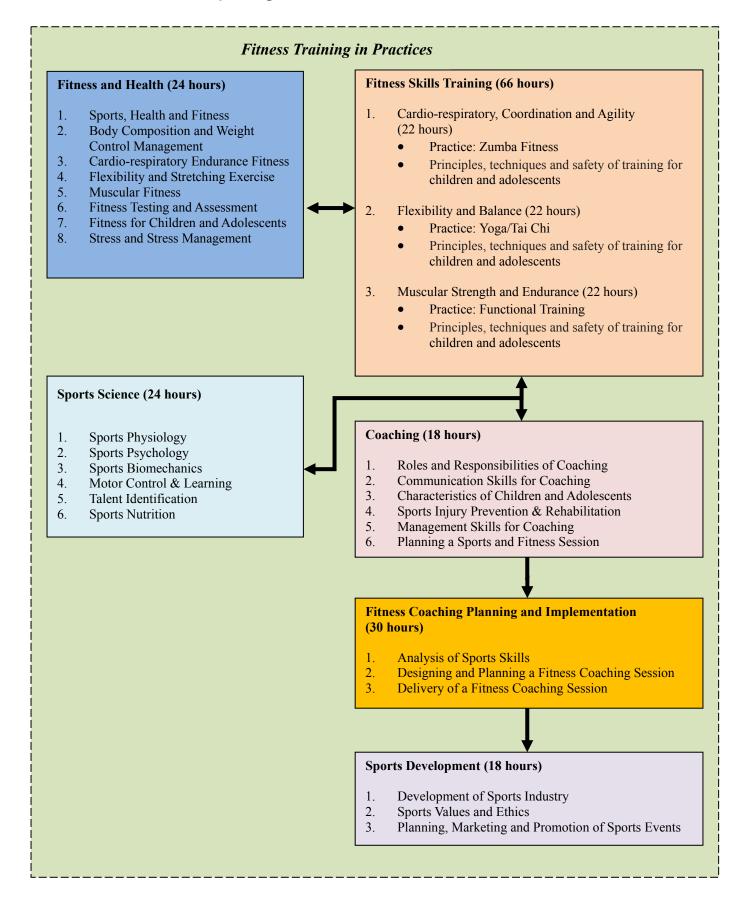
Applied Learning (Senior Secondary Level)

2016-18 Cohort

Item	Description
Subject Title	Sports and Fitness Coaching
2. Course Provider	Hong Kong College of Technology
Area of Studies/ Course Cluster	Applied Science/Sports
Medium of Instruction	Chinese or English
5. Learning Outcomes	 Upon completion of the subject, students should be able to: explain the basic concepts of sports science and fitness training, the importance of sports and fitness to the society, and the benefits of regular exercise; illustrate the safety concerns and demonstrate the work ethics in sports and fitness coaching; demonstrate the basic training and communication skills in delivering a fitness training programme for children and adolescents; apply basic knowledge of psychology, physiology, and sports skills to fitness training; integrate knowledge and skills of sports and fitness, and apply critical thinking and analytical skills to design a fitness training programme for children and adolescents; strengthen interpersonal and collaborative skills through fitness coaching activities and practice; and develop self-understanding for further studies and career development in the related field.

6. Curriculum Map - Organisation and Structure



7. The Context

• The information on possible study and career pathways is provided to enhance students' understanding of the wider context of the specific Applied Learning course. Students who have successfully completed Applied Learning courses have to meet other entry requirements as specified by the institutions.

• The recognition of Applied Learning courses for admission to further studies and career opportunities is at the discretion of relevant institutions. The Education Bureau and the course providers of Applied Learning are exploring and seeking recognition related to further education and career development opportunities for students successfully completing the Applied Learning courses.

Possible further study and career pathways

Further studies

e.g. sport, recreation and leisure management, sports studies, fitness and health

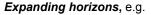
Career development

 e.g. sports coaches, fitness instructors, sports event officers, sports executives, recreation and sports facilities managers

Relations with core subjects and other elective subjects

Enhancing and enriching, e.g.

 students taking Physical Education may apply the knowledge of sports science and fitness to design and implement a fitness training for children and adolescents



students taking Health
Management and Social Care
may apply the knowledge of fitness
and health, sports development to
promote the concept of healthy
living to community

Cluster of professions/trades/industries related to the course

 e.g. sports coaching, sport and recreation management, sports marketing and media, disciplined services

Future global and local outlook

- Schools, charitable youth center, Leisure and Cultural Services Department, clubhouses and fitness centers provide various sports facilities, there is a demand for the youth with passion for sports and relevant expertise to join the field and promote sports to the public, and to facilitate the diversified development of the trade
- In recent years, Hong Kong Government provides support in sports development in both policy and facilities, such as Kai Tak Sports City
 - Hong Kong hosts a series of local or international sports events each year, including special events in single sports and major multi-sports competitions, such as Victoria Harbour Races, Hong Kong Games, international marathon event, and Hong Kong International Dragon Boat Races

Beginners' skill set to facilitate entry to further studies and/or work

- Illustrate the basic concept of sports science, such as sports physiology, biomechanics, motor control, sports psychology and nutrition
- Relate the importance of fitness training to health, such as body composition and weight control management, cardio-respiratory endurance fitness, nutrition and health, stress management
- Enhance the understanding of sports industry through in-depth study on coaching skills to pave the way for further study and career development in the sports industry

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Foundation knowledge developed in basic education and Secondary 4

The subject is built upon the foundation knowledge students acquired in, e.g.

- Chinese Language Education and English Language Education written and verbal communication
- Physical Education motor learning, food and nutrition
- Science Education basic human physiology

Relations with other areas of studies/courses of Applied Learning

Psychology

 Apply the knowledge of psychology to understand how to motivate the participants in sports training

Medical Science and Health Care

 Apply the knowledge of nutrition to understand how to enhance fitness and performance of athletes

